

GLOSSARY

Abductors: *Muscles that separate fingers and toes.*

Acetone: *A chemical used to remove nail varnish.*

Acid mantle: *An acid barrier of the skin that prevents infections and loss of moisture.*

Adductors: *Muscles that draw fingers and toes together.*

Alkalinity: *It refers to the capability of water to neutralise acid.*

Allergic or sensitive skin: *A skin becomes allergic or sensitive when it comes in contact with an allergin, resulting in rashes inflammation.*

Anatomy: *The branch of science that deals with the structure of human and animal body the relationship of various body parts with each other.*

Antiseptic: *A solution that prevents wounds from becoming septic*

Appendage: *An attachment.*

Beau's lines: *These are deep grooved lines running horizontally on fingernails and toenails.*

Bleach: *It refers to a bleaching agent, which helps lighten the skin tone. It is, generally, used to lighten the colour of facial hair. The process is termed 'bleaching'.*

Carpals: *Bones of the wrist.*

Clean-up: *This is done for unclogging the skin pores and letting the skin breathe. It helps to slough off dead skin cells and clean deep-seated dirt from the skin. As a result, the skin is cleansed, exfoliated and moisturised.*

Comedone extractor: *A tool used for removing blackheads and whiteheads, thus, making the skin clearer and shinier.*

Contra-indication: *A condition that prevents a treatment.*

Corrugations: *Wavy ridges on the nail.*

Cuticle: *The overlapping skin around the base of a nail.*

Depilation: *The deliberate removal of unwanted body hair.*

Emery board: *A tool having two sides — a coarse side for shortening the nails and a fine side for shaping and bevelling.*

Eponychium: *The cuticle of the finger nail.*

Effleurage: *A slow, sweeping massage movement.*

Exfoliant: *A grainy substance used to remove dead skin cells.*

Extensors: *Muscles that straighten the wrist and foot.*

Flexors: *Muscles that bend the wrist and foot.*

Furrows: *Depressions in the nail.*

Germinal matrix: *The root of the fingernail. This portion of the nail is actually beneath the skin behind the fingernail and extends several millimetres into the finger.*

Hair bulb: *It contains the cells, which produce hair.*

Hairdo: *It is achieved by arranging the hair in a certain way, using combs, blow-dryer, cosmetics, etc.*

Hair dressing: *The practice of styling the hair is called 'hairdressing', especially when done as an occupation. Hairstyling may also include adding accessories, such as hairbands, clips, pins, barrettes, tiaras, etc., to hold the hair in a certain place and style, and enhance its appearance.*

Hair follicle cycle: *It has three phases — anagen, catagen and telogen.*

Hair shaft: *Hair shaft is the part visible above the scalp. Shaft is made up of keratin, which cannot be easily torn. Hair shaft is made up of layers and they can get damaged if they come in contact with direct heat or unfavourable conditions.*

Keratin: *A protein that is the chief component of the skin and nails. It cannot be easily damaged or torn.*

Make-up: *The process of applying cosmetics to enhance or alter a person's overall look. Lipstick, eyeliner, eye shadow, mascara, foundation, kohl, lip gloss, lip balm, concealer, face powder, etc., are commonly used in make-up.*

Matrix: *The part of the nail that produces cells that generate nail growth.*

Manicure: *A treatment for improving the appearance of hands and nails. It is popular among both men and women. Most salons have a separate area catering solely to this treatment.*

Metacarpals: *Bones of the palm.*

Nail plate: *The actual fingernail, which is made up of translucent keratin. The pink appearance of the nail comes from the blood vessels underneath.*

Pedicure: *A treatment that helps in improving the appearance of feet and toenails. It also includes removal of dead skin cells by using a pumice stone, exfoliation and massage, followed by painting the toenails.*

Perionychium: *The skin that overlies the nail plate on its sides. It is also known as 'paronychia edge'.*

Phalanges: *Bones of the fingers.*

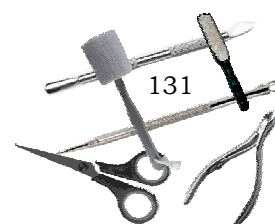
Physiology: *The study of the functions of various body parts and the body as a whole.*

Personal Protective Equipment: *It includes gloves, goggles, covered shoes, apron, headgear or head cover, etc. These are meant to protect a person and the clothes that the person is wearing.*

Pumice stone: *A light, rough and porous stone used for scrubbing the skin. It sloughs off hard and dead skin cells.*

Radius: *The smaller bone of the forearm.*

Rasp: *A coarse form of file used for removing calluses and smoothening the skin.*



Record card: *An important document, which must be maintained by a salon as it contains the past treatments taken by a client, the treatment the person has been booked for, client history, about the products to be used, skin type and allergies, if any.*

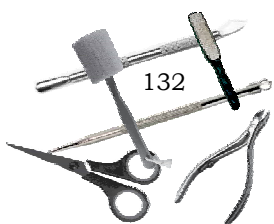
Skin: *The outer covering of the body. It acts as a protective shield for the body.*

Sterile matrix: *The nail bed is part of the nail matrix also called sterile matrix. It extends from the edge of germinal matrix or lunula to hyponychium. The nail bed contains blood vessels, nerves, and melanocytes or melanin producing cells.*

Sterilisation: *The highest form of decontamination that kills all germs.*

Threading: *A hair removal technique, which removes the entire hair follicle by the use of a cotton thread. The hair is pulled out in a twisting motion, wherein the thread traps the hair and pulls it out.*

Waxing: *A hair removal technique, in which the hair are pulled out from the root by the use of hot or cold wax. It takes 3–6 weeks for the new hair to grow, according to a person's hair growth pattern. Strip and stripless waxing are its two types.*



ANSWER KEY

Unit 1: Beauty and Wellness Industry, and Beauty Therapy

Session 1: Career Opportunities in the Beauty and Wellness Sector

A. Multiple Choice Questions

1. (d) 2. (c) 3. (c)

B. Fill in the Blanks

- (a) therapist (b) slimming (c) make-up (d) therapies

Session 2: Beauty Therapy Services

A. Multiple Choice Questions

1. (c) 2. (a) 3. (b)

B. Fill in the Blanks

1. twisting 2. hairstyle 3. hairdressing 4. stripless

Session 3: Preparing and Maintaining the Work Area

A. Multiple Choice Questions

1. (a) 2. (d) 3. (b) 4. (d)

B. Fill in the Blanks

1. diseases 2. Hygiene 3. sterilisation
4. first aid 5. safe

Session 4: Health and Safety in the Work Area

A. Multiple Choice Questions

1. (a) 2. (d) 3. (b) 4. (c)

B. Fill in the Blanks

1. Water 2. Oxygen 3. extinguisher 4. mask

Unit 2: Skincare Services

Session 1: Anatomy and Physiology of the Skin

A. Multiple Choice Questions

1. (d) 2. (c) 3. (b) 4. (c)

B. Fill in the Blanks

1. epidermis 2. collagen 3. melanin
4. immune 5. fibrous

Session 2: Types of Skin and Skincare

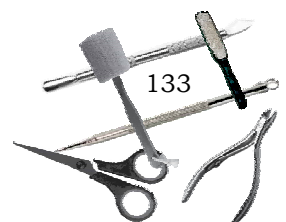
A. Fill in the Blanks

1. impurities 2. blackheads 3. wrinkles 4. normal
5. sebaceous 6. pimples 7. peel-off

Session 3: Actions of the Facial, Neck and Shoulder Muscles

A. Fill in the Blanks

1. occipitals 2. frontalis 3. quadratus labii inferiors



B. Match the Columns

- | | | |
|--------|--------|--------|
| 1. (d) | 2. (a) | 3. (b) |
| 4. (e) | 5. (c) | |

C. Multiple Choice Questions

1. (a) 2. (b)

Session 4: Bleaching

A. Fill in the Blanks

1. bleaching 2. patch 3. watering 4. ammonia

Unit 3: Manicure and Pedicure Services

Session 1: Anatomy of the Nail, Hand and Feet

A. Multiple Choice Questions

1. (c) 2. (a) 3. (b) 4. (c)

B. Fill in the Blanks

1. marrow 2. tendon 3. ligament 4. blood, relaxing

Session 2: Manicure

A. Multiple Choice Questions

- | | | | |
|--------|--------|--------|--------|
| 1. (d) | 2. (b) | 3. (d) | 4. (a) |
| 5. (c) | 6. (d) | 7. (a) | |

B. Fill in the Blanks

1. cuticle 2. filing 3. pumice 4. ridges

Session 3: Pedicure

A. Multiple Choice Questions

1. (a) 2. (d) 3. (b) 4. (b)

Unit 4: Depilation Services

Session 1: Waxing

A. Fill in the Blanks

- | | | |
|----------|-------------|-----------|
| 1. shaft | 2. cortex | 3. waxing |
| 5. soft | 5. 24 hours | |

B. State True or False

1. False 2. True 3. False

Session 2: Threading

A. Fill in the Blanks

- | | | |
|-------------|----------|----------|
| 1. thread | 2. round | 3. heart |
| 5. scissors | 5. hair | |

B. State True or False

1. True 2. True 3. False 4. False

